Mental Fitness and Managing Stress

Stress

- Stress is the nonspecific response of the body to any demand
- How people react to stress appears to be more important than the stress itself
- A stressor is anything that initiates the stress response
- Stress is unavoidable and necessary to human preservation

Stress

- Stress can be positive or negative
- Distress is bad stress
  (produces a negative response)
- Eustress is good stress
  (provides pleasure or adds meaning to life)
- The inverted-U theory says that there is an optimal stress level; too much or too little stress can both be detrimental

Eustress

- If an event is very exciting or very challenging, it puts you in a state of eustress

Events that produce feelings of eustress:

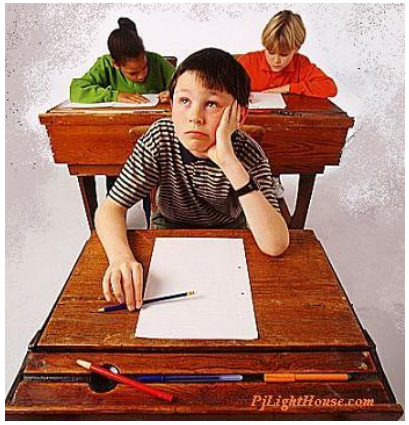
- Riding a roller coaster
- Skydiving
- Skiing

Distress

- If an event is very demanding and <u>you feel you cannot control what is happening to you</u>, it will put you in a state of distress

Events that produce feelings of distress:

- Taking an exam in a difficult subject area
- Serious conflicts with family or friends
- Being in some type of accident
- Getting a sports injury



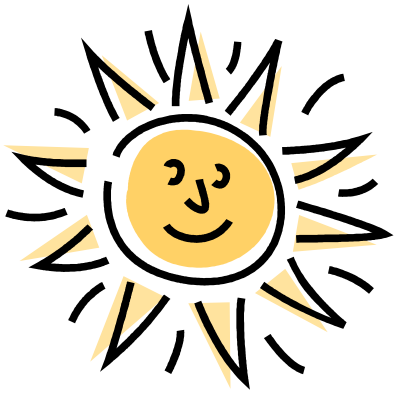
Distress

Negative responses to stress include:

- increasing anxiety
- lack of sleep
- decreased ability to concentrate
- poor digestion
- tense muscles

Stress

- Stress (emotional or social stress) is a result of how you think about events that happen to you
- Your thoughts, how the brain perceives the event, will determine how your body responds
- If you think negatively, the stressful event can be unhealthy
- If you think positively, the stressful event can be healthy



Physical Stressors

- Physical stressors are events that are stressful to you, independent of your thought processes
- In other words, no matter how positively you try to think, physical stressors will still affect you in a negative way
- Examples of physical stressors:
  - Exposure to heat or cold
  - Hunger or thirst
  - Lack of sleep
  - Certain types of illnesses

Social Stressors

- A social stressor is any minor or major event that might cause you stress (positive or negative)
- How you think about a social stressor (e.g., positively or negatively) can determine whether you are in a state of eustress or distress
- Examples of social stressors:
  - A conflict with your family
  - Disagreements with friends
  - A major project at work

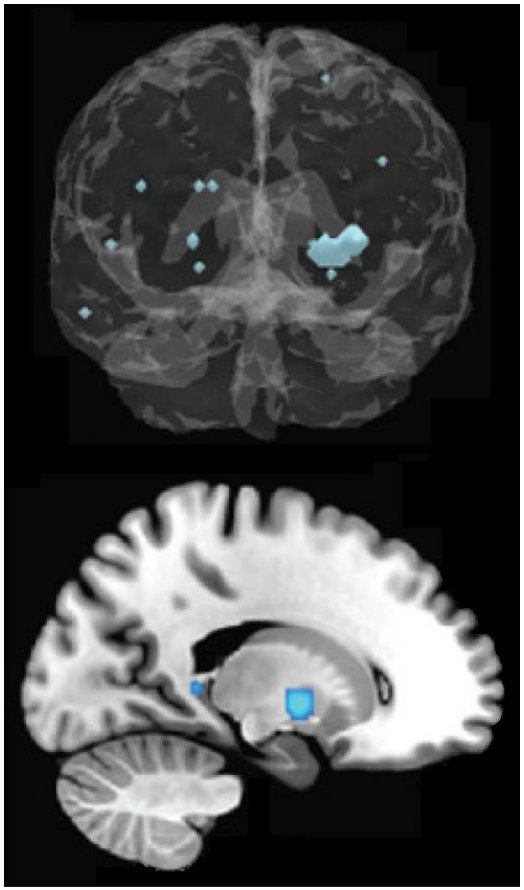
Post Traumatic Stress Disorder

- After exposure to a traumatic event, many people will experience symptoms such as flashbacks, avoidance of trauma reminders and sleep difficulties.
- In the majority of individuals, these symptoms abate during the weeks postexposure.
- However, some trauma exposed survivors will not show spontaneous remittance of these symptoms, and develop post traumatic stress disorder (PTSD).

Post-traumatic stress influences the brain even in the absence of symptoms
http://www.ncbi.nlm.nih.gov/pubmed/26192104

Post Traumatic Stress Disorder

- Trauma has a measurable, enduring effect upon the functional dynamics of the brain, even in individuals who experience trauma but do not develop PTSD.
- We found that regions of the basal ganglia were differentially active when comparing PTSD with the trauma-exposed but not the trauma-naïve group.



Post-traumatic stress influences the brain even in the absence of symptoms
http://www.ncbi.nlm.nih.gov/pubmed/26192104

Post Traumatic Stress Disorder

- Post Traumatic Stress Disorder (PTSD) is an anxiety disorder where symptoms develop after a traumatic or life threatening event such as war, accidents, natural disasters, or sexual or physical assault.
- It is estimated that 75% of us will experience a life threatening event at some point in our life.
- Of these approximately 25% will develop PTSD.

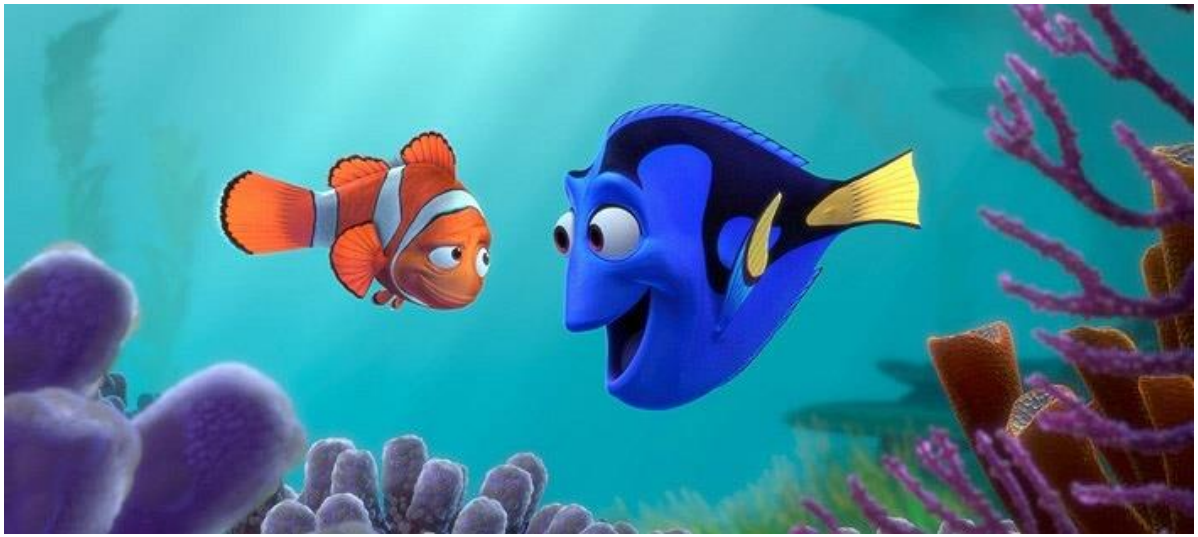
http://www.anxietytreatment.com.au/ptsd.htm

PTSD – Physical Symptoms

- Insomnia
- Nightmares
- Hypertension
- Startle Reaction
- Fatigue

PTSD – Cognitive Symptoms

- Difficulty with recent memory
- Low self-esteem
- Intrusive thoughts
- Difficulty solving problems



PTSD – Emotional Symptoms

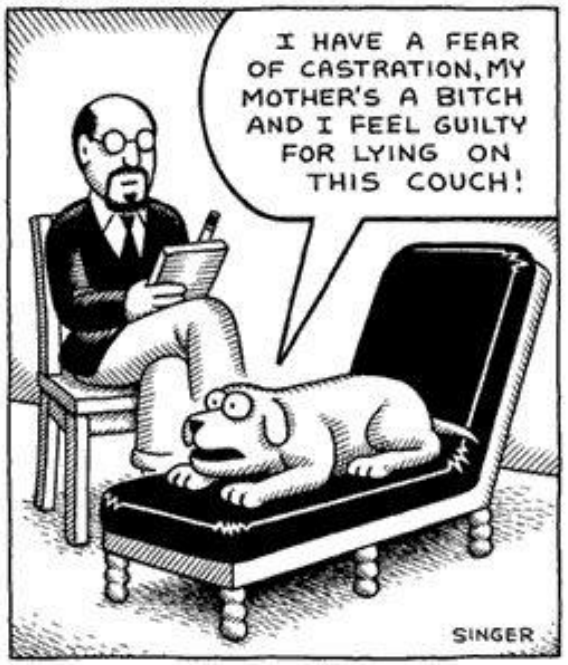
- Fear
- Anger
- Depression
- Helplessness
- Hopelessness
- Guilt
- Emotional Numbing

PTSD – Behavioral Symptoms

- Prone to isolation
- Communication changes
- Withdrawal
- Outburst of anger with violent tendencies
- Feelings of hostility

PTSD – Therapy

- Cognitive-behavioral therapy teaches patients to react differently to the situations and bodily sensations that trigger panic attacks and other anxiety symptoms.
- Patients also learn to understand how their thinking patterns contribute to their symptoms and how to change their thoughts so that symptoms are less likely to occur.



PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

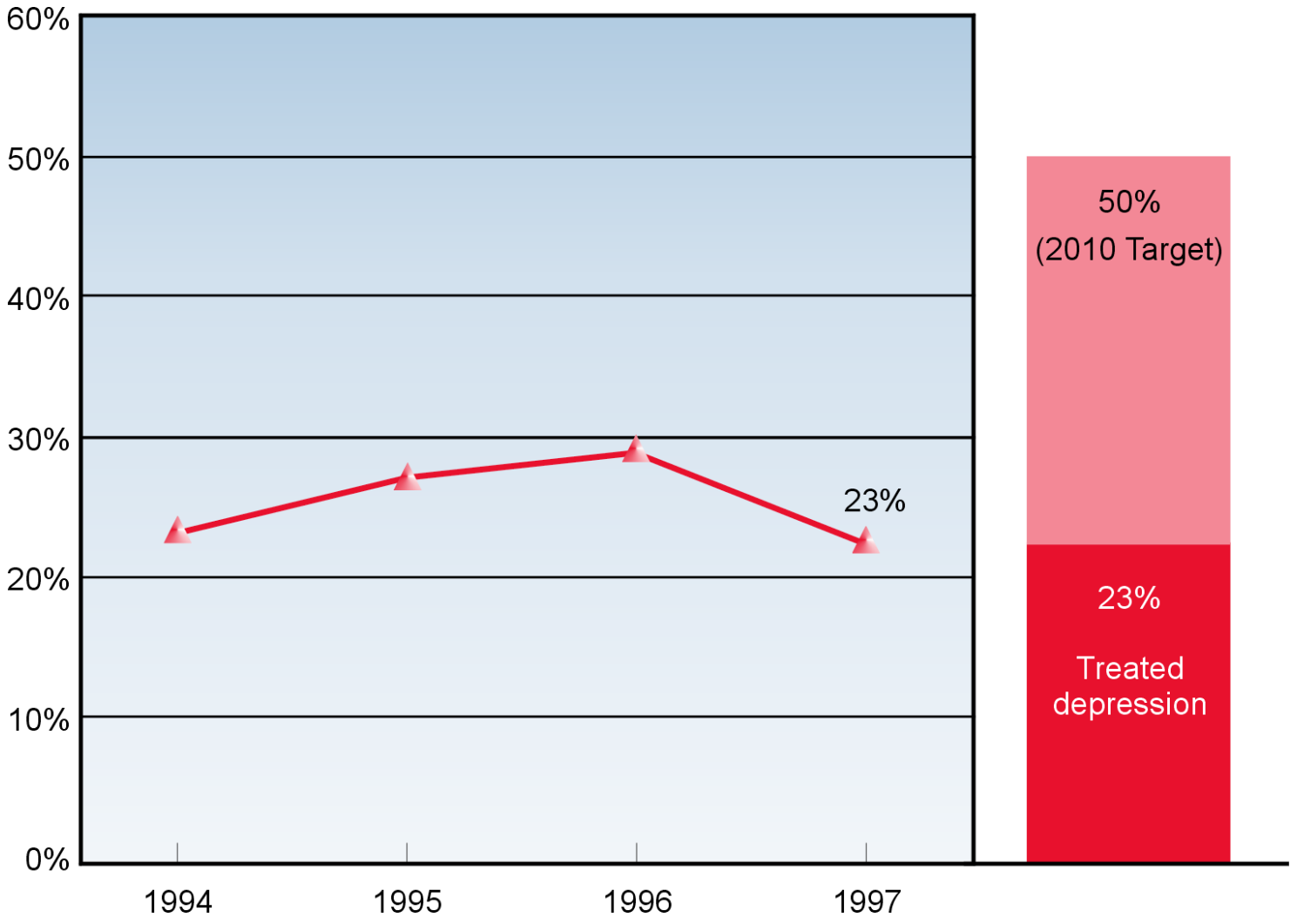
NAME: _____ **DATE:** _____

Over the *last 2 weeks*, how often have you been bothered by any of the following problems? *(use "✓" to indicate your answer)*	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3
	add columns:	+	+	

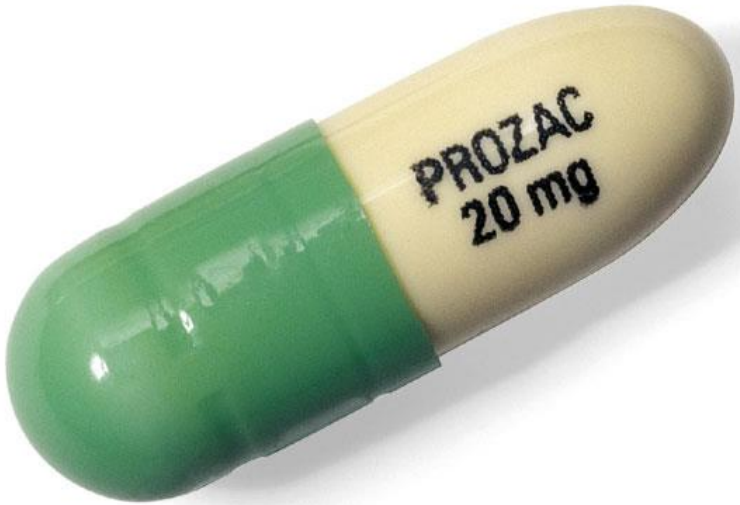
http://steppingup.washington.edu/keys/screeningTesting.htm

Mental Health

HP 2010 Leading Health Indicator



Adults with depression* who received treatment, United States, 1994–97**



WARNING: SUICIDALITY AND ANTIDEPRESSANT DRUGS

See full prescribing information for complete boxed warning.

Increased risk of suicidal thinking and behavior in children, adolescents, and young adults taking antidepressants for Major Depressive Disorder (MDD) and other psychiatric disorders (5.1).

When using PROZAC and olanzapine in combination, also refer to Boxed Warning section of the package insert for Symbyax.

Source: pi.lilly.com/us/prozac.pdf

Drugs Associated with Violence

Varenicline (Chantix): This anti-smoking medication is 18 times more likely to be linked with violence when compared to other drugs

Fluoxetine (Prozac): The first well-known SSRI antidepressant

Paroxetine (Paxil): Linked with severe withdrawal symptoms and a risk of birth defects

Atomoxetine (Strattera): An ADHD drug that affects the neurotransmitter noradrenaline

Fluvoxamine (Luvox): Another SSRI antidepressant

Desvenlafaxine (Pristiq): An antidepressant which affects both serotonin and noradrenaline

Prescription Drugs Associated with Reports of Violence Towards Others - PLOS 12-15-10
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3002271/

SSRI Drugs and School Shootings

Springfield, Oregon – May 21, 1998: 15-year-old Kip Kinkel murdered his parents and then proceeded to school where he opened fire on students in the cafeteria, killing two and wounding 22. Kinkel had been taking the antidepressant Prozac.

Columbine, Colorado – April 20, 1999: 18-year-old Eric Harris and his accomplice, Dylan Klebold, killed 12 students and a teacher and wounded 26 others before killing themselves. Harris was on the antidepressant Luvox. Klebold's autopsy reports were never released.

Blacksburg, Virginia – April 16, 2007: The psychiatric drug history of Seung-Hui Cho who killed 33 and injured 29 in the Virginia Tech Massacre was never made public. Initial reports stated that "depression medication" was found among Cho's belongings.

Source: http://www.cchr.org/pubs/List_of_school_and_teen_shooters.pdf

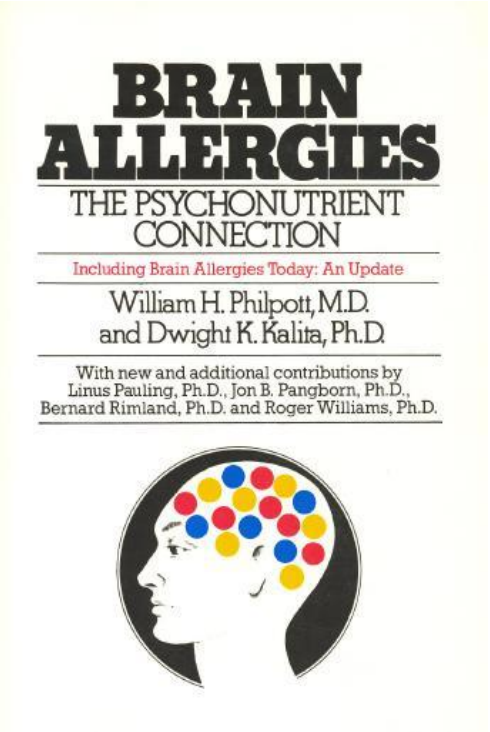
Efficacy of Antidepressants

- SSRI drugs have no clinically meaningful advantage over placebo
- Antidepressants have not been convincingly shown to affect the long term outcome of depression or suicide rates
- In children, the balance of benefits to risks is now recognized as unfavorable
- Given doubt about their benefits and concern about their risks, current recommendations for prescribing antidepressants should be reconsidered

BMJ 7-16-05 http://www.ncbi.nlm.nih.gov/pmc/articles/PMC558707/

COUNTERTHINK

WE COULD ATTEMPT A SURGICAL SEPARATION, BUT IT'S DOUBTFUL EITHER ONE OF YOU WOULD SURVIVE ALONE.
PSYCHIATRY
BIG PHARMA
© 2006 by Truth Publishing International, Ltd.
CONCEPT-MIKE ADAMS ART-DAN BERGER WWW.NEWSTARGET.COM


BRAIN
ALLERGIES
THE PSYCHONUTRIENT
CONNECTION
Including Brain Allergies Today: An Update
William H. Philpott, M.D.
and Dwight K. Kalita, Ph.D.
With new and additional contributions by
Linus Pauling, Ph.D., Jon B. Pangborn, Ph.D.,
Bernard Rimland, Ph.D. and Roger Williams, Ph.D.

Orthomolecular physicians believe that the treatment of infectious and degenerative diseases should be a matter of varying the concentration of "right molecules" (i.e., vitamins, minerals, trace elements, amino acids, enzymes, hormones, etc.) which are normally present in the human body.

For it is in a total understanding of the complex function of the cell and the forty-plus nutrients needed by each cell for optimum health and life that physicians and scientists will be able to win the battle now waged against mental illness in specific and degenerative disease in general.

How to Produce Feelings of Eustress

- Simply try to do your best and accept the outcome
- Understand that sometimes you will do very well and other times there will be room for improvement
- Keep things in perspective
- Realize that the only thing you control is how much effort you give
- Do not spend a lot of time worrying about winning or losing because it could be beyond your control

From the Desiderata

If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself.

http://en.wikipedia.org/wiki/Desiderata

Coping with Stress

- Self-esteem influences the ability to cope with stress
- Attitude is a key factor in the stress equation
- Personality influences the ability to cope with stress
  - Type A personality
  - Type B personality
  - Hardy personality
  - Gender differences

Type A personality

- Time-conscious and impatient
- Ambitious and competitive
- Insecurity over status
- Aggressive and hostile, which may be triggered by minor incidents
- Difficulty relaxing
- Thought to be a risk factor for coronary heart disease
- Further research has shown that hostility is the main risk factor

Type B personality

- Laid back and easy going
- Patient and relaxed
- Has an unhurried approach to life
- Generally lacking any sense of urgency
- However, if this is an individual who suppresses their emotions, there is speculation that he or she may be more prone to cancer

Hardy Personalities

- In 1977, Kobasa and Maddi studied how highly stressed executives were able to deal with the stress of the restructuring of the Bell Telephone Company
- "Stress survivors" seem to have at least three characteristics in common:
  - Commitment
  - Control
  - Challenge

Commitment

- Commitment means having a purpose to life and involvement in family, work, community, social, friends, religious faith, ourselves, etc. When we have this commitment to something or someone that is important to us, this gives our life a purpose. When committed to something we tend to be motivated to put in more effort. This can help us to find a goodness and meaning to our lives.

http://stresscourse.tripod.com/id106.html

Control

- Studies have shown that how much control we perceive we have over any stressor will influence how difficult the stressor will be for us to cope with.
- Internal locus of control – These individuals are aware that they cannot influence all the external events that go on in their lives, but they do have a deep sense that they have a choice in how they react to that stressor and believe that although they cannot totally influence it, they do have some influence over the event.

http://stresscourse.tripod.com/id106.html

Control

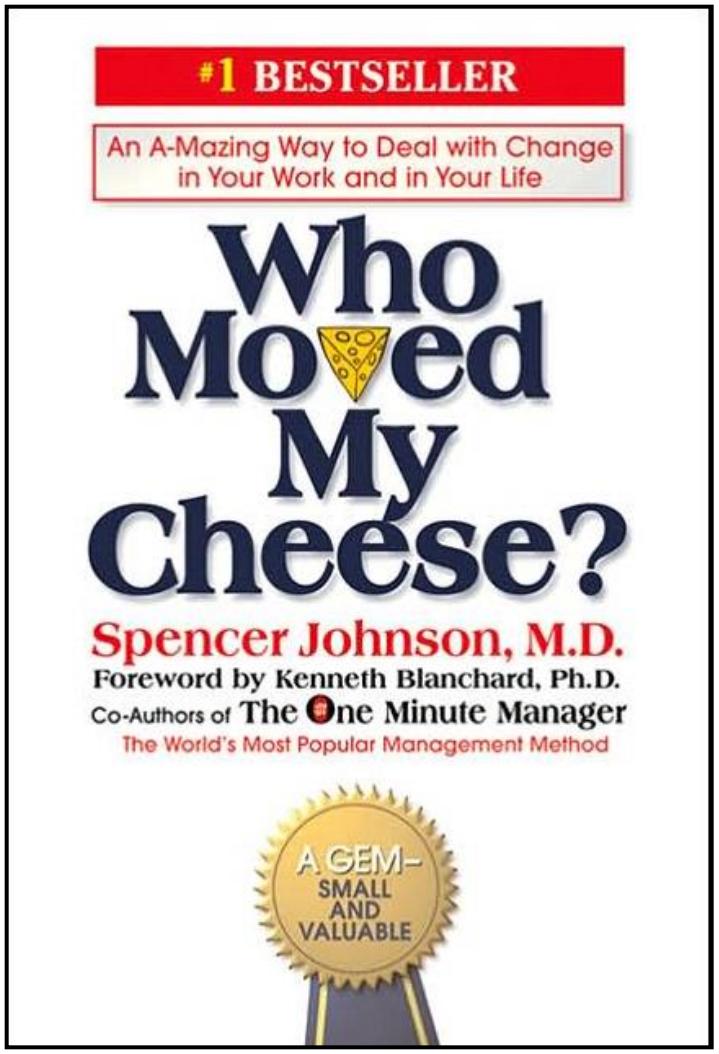
- External locus of control – These individuals believe that they have little or no control over what happens to them; what happens is due to fate or destiny and that they will not be able to influence it. They may believe there is nothing they can do to influence their situation, so therefore they do not take any action, nor use any strategies that could enable them to change their situation.

http://stresscourse.tripod.com/id106.html

Challenge

- The most important factor in the Hardy personality type seems to be openness to change. If we view change or every difficulty we encounter as threatening to us then this is going to trigger a stronger fight/flight response than if we see the event as a challenge. Stress hardy people do not spend time ruminating over why things have to change, they are not frightened by it, they accept it as being a natural part of life, not a threat but an opportunity to learn and grow.

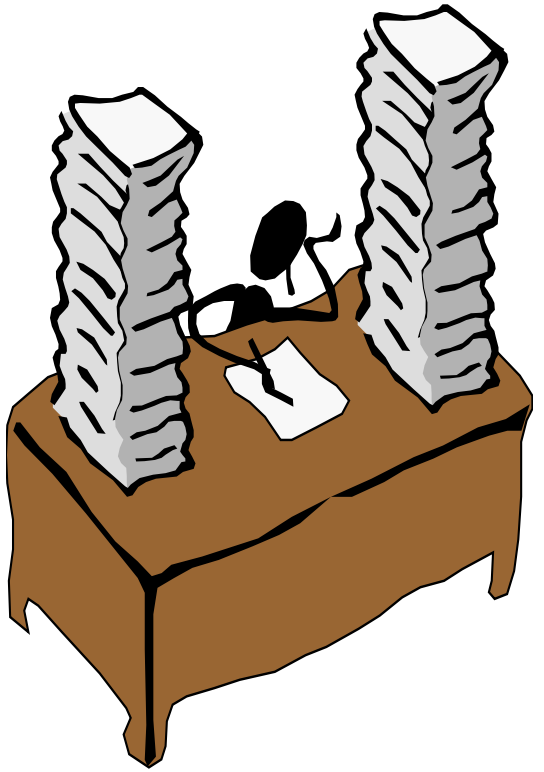
http://stresscourse.tripod.com/id106.html


#1 BESTSELLER
An A-Mazing Way to Deal with Change in Your Work and in Your Life
Who Moved My Cheese?
Spencer Johnson, M.D.
Foreword by Kenneth Blanchard, Ph.D.
Co-Authors of The One Minute Manager
The World's Most Popular Management Method
A GEM– SMALL AND VALUABLE

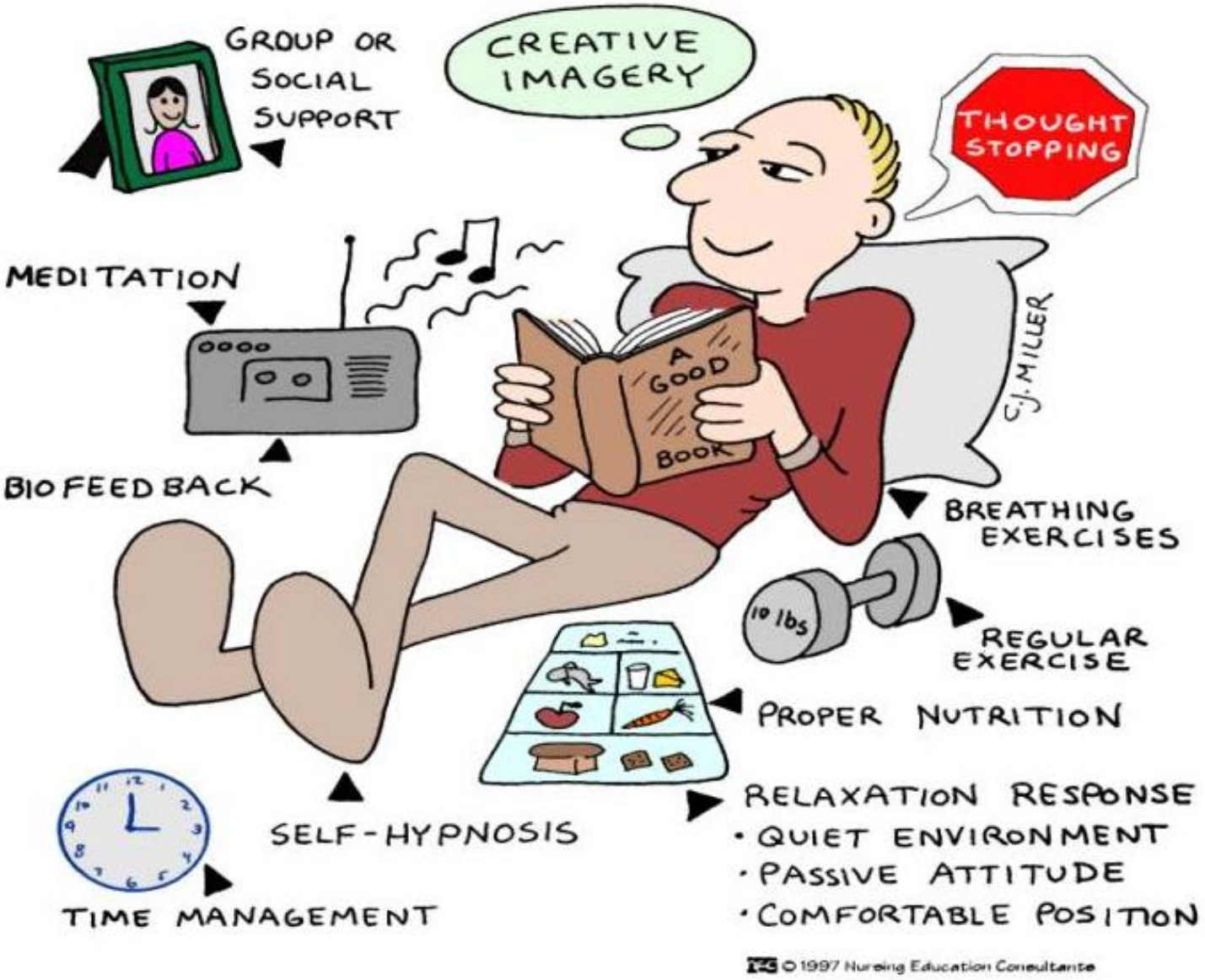
Change Happens
They Keep Moving The Cheese
Anticipate Change
Get Ready For The Cheese To Move
Monitor Change
Smell The Cheese Often So You
Know When It is Getting Old
Adapt To Change Quickly
The Quicker You Let Go Of Old Cheese
The Sooner You Can Enjoy New Cheese
Change
Move With The Cheese
Enjoy Change!
Savor The Adventure And
Enjoy The Taste Of New Cheese!
Be Ready To Quickly
Change & Enjoy It, Again
They Keep Moving The Cheese

Stress Management Tools

- Successful coping with stress takes effort
- Sometimes one should seek a professional counselor to help resolve stressful situations
- Relaxation techniques reduce the negative effects of stress



STRESS REDUCTION METHODS

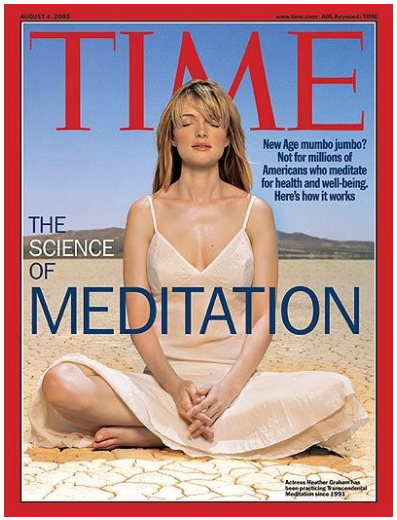


Relaxation Techniques

- Deep breathing is the most basic technique
- Progressive muscle relaxation creates awareness of the difference between muscular tension and a relaxed state

Relaxation Techniques

- Meditation helps the practitioner temporarily tune out the world
- Visualization helps the practitioner use imagination to relax
- Biofeedback uses specialized equipment to enhance awareness of the body's physiology
- Massage therapy relieves tension and induces mental relaxation


TIME
New Age mumbo jumbo? Not for millions of Americans who meditate for health and well-being. Here's how it works
THE SCIENCE OF MEDITATION

Strategies to Manage Stress

1. Take time to physically rest.
2. Practice relaxed breathing.
3. Take time to rest from mental tasks.
4. Find ways to reduce muscle tension.
5. Exercise regularly – but do not overdo it!
6. Identify and eliminate the cause of stress.
7. Take on only a few projects at any one time.
8. Manage your time effectively.
9. Accept what cannot be changed.
10. Think positively.
11. Try not to let little things bother you.
12. Be flexible and willing to make adjustments.

Take Time to Physically Rest

- Relaxing in a quiet place can provide you with time to think clearly about things.
- If you are physically rested you will feel more alert and motivated.
- If you are physically tired, it will lead to worry and anxiety.

Practice Relaxed Breathing

- Relieves the physical symptoms of stress such as tense muscles.
- Provides you with a “time-out.”
- Allows you to focus your thoughts on being more positive.

Take Time to Rest from Mental Tasks

- Working hard on school or business tasks is demanding.
- Your ability to concentrate clearly and solve problems is diminished if you spend too many hours working on the same mental task.
- If you do not take time to rest (watch television, go to a movie), your motivation for work may decrease.

Find Ways to Reduce Muscle Tension

- Muscles respond to thoughts of perceived threats with tension or contraction
- Muscular tension is the most common symptom of stress and can lead to pain, stiffness, distorted posture and joint instability
- Muscle tension produced through the stress response is primarily isometric contraction
- Over time, isometrically contracted muscles begin to show signs of shortening

Progressive Muscular Relaxation

- Progressive Muscular Relaxation is a simple technique used to promote rest and relaxation by systematically tensing and relaxing the body's musculature, from feet to the head
  - Comfortable position
  - Monitor your breathing
  - Inhale when you contract each muscle group
  - Exhale when you relax each muscle group
  - Focus your concentration on each muscle group as you work regions of your body

Progressive Muscular Relaxation

- First contraction: 100% for 5-10 seconds
  - release and relax (exhale)
  - compare relaxation to contraction
- Second contraction: 50% for 5-10 seconds
  - release and relax (exhale)
  - compare relaxation to contraction
- Third contraction: 5-10% for 5-10 seconds
  - release and relax (exhale)
  - compare relaxation to contraction

Exercise Regularly – But Do Not Overdo It!

- Physical exercise is the most natural means to dissipate the effects of the stress response.
- Exercise provides a time-out from things that may cause you stress.
- The physical effects of exercise keep you healthy and better able to deal with stressful events.
- Studies show that people who exercise or are physically fit report less anxiety, depression, and tension in their lives than do people who do not exercise or are less fit.

Identify and Eliminate the Cause of Stress

- If the cause is something you can control, then you will be able to eliminate it.
- You can cope with the stressful event should it happen again.

Take on only a few projects at any one time

- Taking on too many projects may mean you might not finish them.
- This would take time from other areas of your life, such as exercise and recreation.

Manage Your Time Effectively

- So that you feel in control of the things you want to do.
- So that you spend time doing things important to you.
- To ensure that you give time to all areas of wellness (physical, emotional, spiritual, etc.)

How often do YOU look at your phone?

- In an average week, research has discovered that the average user pick ups their phone more than 1,500 times a week.
- The average owner uses this device for three hours and sixteen minutes each day – or the equivalent of almost one full day a week.

www.dailymail.co.uk/sciencetech/article-2783677/

“Brain Hacking”

- Silicon Valley is engineering your phone, apps and social media to get you hooked.
- The companies responsible for programming your phones are working hard to get you and your family to feel the need to check in constantly.
- Some programmers call it “brain hacking” and the tech world would probably prefer you didn’t hear about it.
- There’s a whole playbook of techniques that get used to get you using the product for as long as possible.

http://www.cbsnews.com/news/brain-hacking-tech-insiders-60-minutes/

“Brain Hacking”

- There’s a reason texts and Facebook use a continuous scroll, because it’s a proven way to keep you searching longer.
- The longer we look at our screens, the more data companies collect about us, and the more ads we see. Ad spending on social media has doubled in just two years to more than $31billion.
- You don’t pay for Facebook. Advertisers pay for Facebook. You get to use it for free because your eyeballs are what’s being sold there.

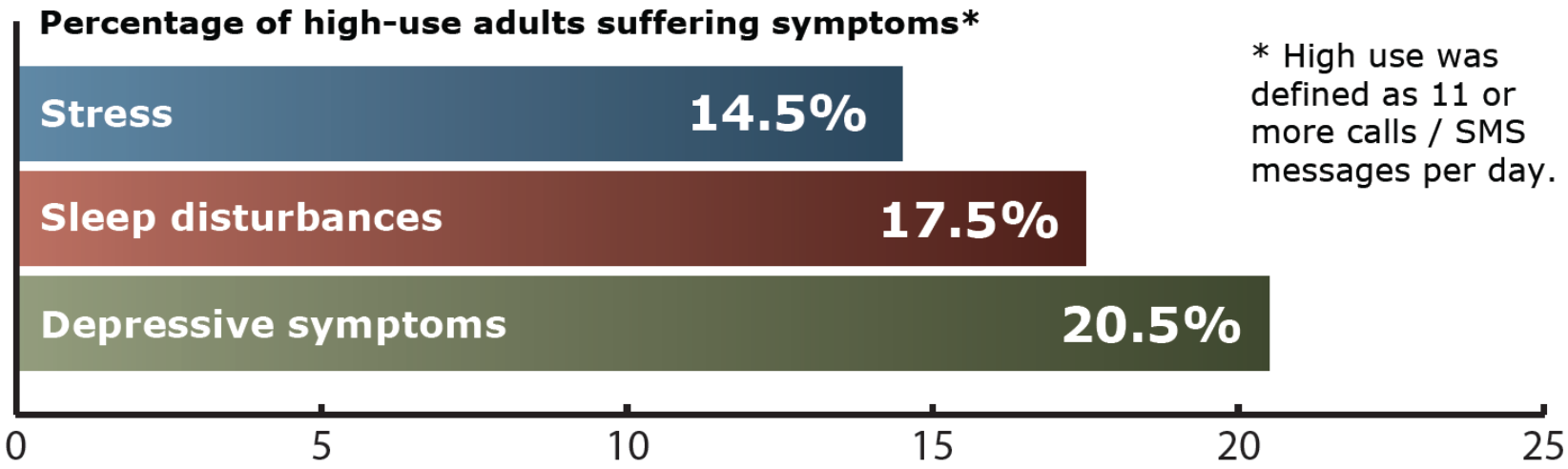
http://www.cbsnews.com/news/brain-hacking-tech-insiders-60-minutes/

“Brain Hacking”

- When you put your phone down – your brain signals your adrenal gland to produce a burst of a hormone called, cortisol, which has an evolutionary purpose. Cortisol triggers a fight-or-flight response to danger.
- So the same hormone that made primitive man anxious and hyperaware of his surroundings to keep him from being eaten by lions is today compelling students and all of us to continually peek at our phones to relieve our anxiety.

http://www.cbsnews.com/news/brain-hacking-tech-insiders-60-minutes/

Mobile phone use



High frequency of mobile phone use correlates with increased risk of suffering stress, restless sleep and depressive symptoms in previously symptom-free young adults

Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults BMC Public Health 1-31-11 http://www.ncbi.nlm.nih.gov/pubmed/21281471

Time Management

- Effective use of time is crucial to accomplishing one's personal and professional goals
- Workaholics spend excessive time working even if it is not productive
- Time jugglers constantly over-schedule themselves, often neglecting important activities

Time Management

- Procrastinators often fail to have enough time to successfully complete tasks
- Perfectionists rarely feel satisfied and are often unable to achieve important goals
- Yesism is the inability to tell anyone “no”

Time Management

- Time management refers to the ability to organize your day.
- This allows you to get the things done that are important to you.

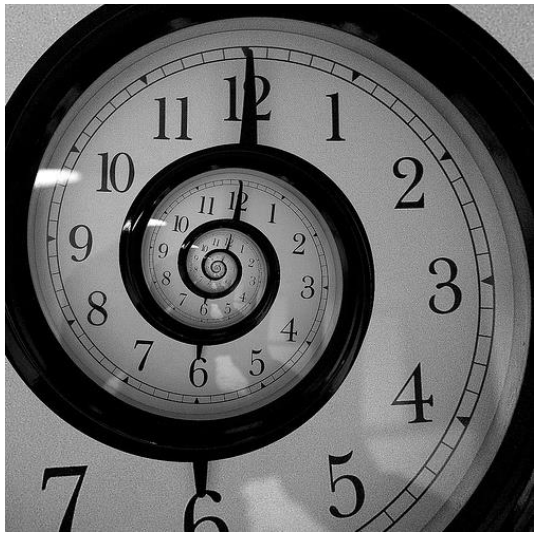
Time Management

You need to manage:

- Time for work
- Time for exercise
- Time with friends and family
- Time for relaxation
- Time for other things important to you

Time Management Guidelines

1. Keep track of your time.
2. Analyze how to use your time.
3. Decide what to do with your time.
4. Schedule your time.



Accept What Cannot Be Changed

- It is pointless to worry about things beyond your control.
- Accepting things in life beyond your control will decrease your chances of becoming distressed.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change;

The courage to change the things that I can;

And the wisdom to know the difference.

Think Positively

- It is the best way to cope with stress
- It keeps you optimistic and motivated
- It provides a healthy perspective

Drew Brees
2010 Super Bowl MVP

Try Not To Let Little Things Bother You

- Many things occur on a daily basis—take these in stride, and you will not be stressed.
- Most if not all of the little things in life you have control over.
- As you look back on your previous life experiences, many of the situations that caused us stress resolved themselves with little or no action on our part. It merely took the passage of time.

Be Flexible and Willing to Make Adjustments

- Be willing to make adjustments because you can never predict what might happen on a particular day.
- Sometimes things do not go as planned, therefore you need to be flexible.

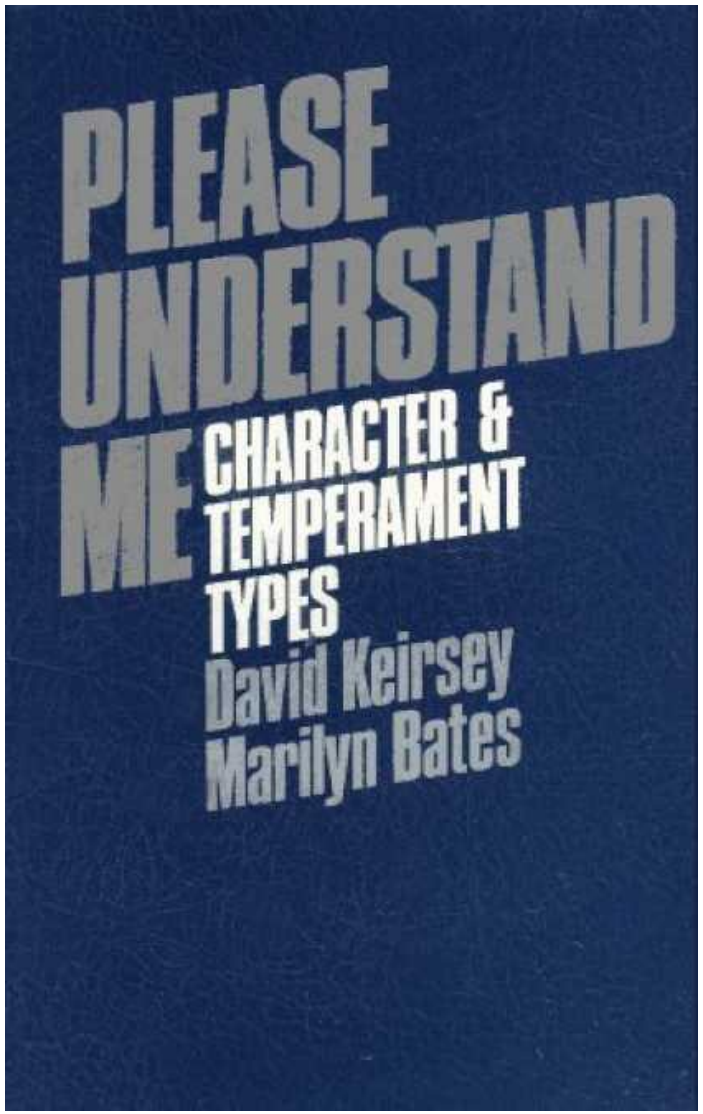
And whether or not it is clear to you, no doubt the universe is unfolding as it should.

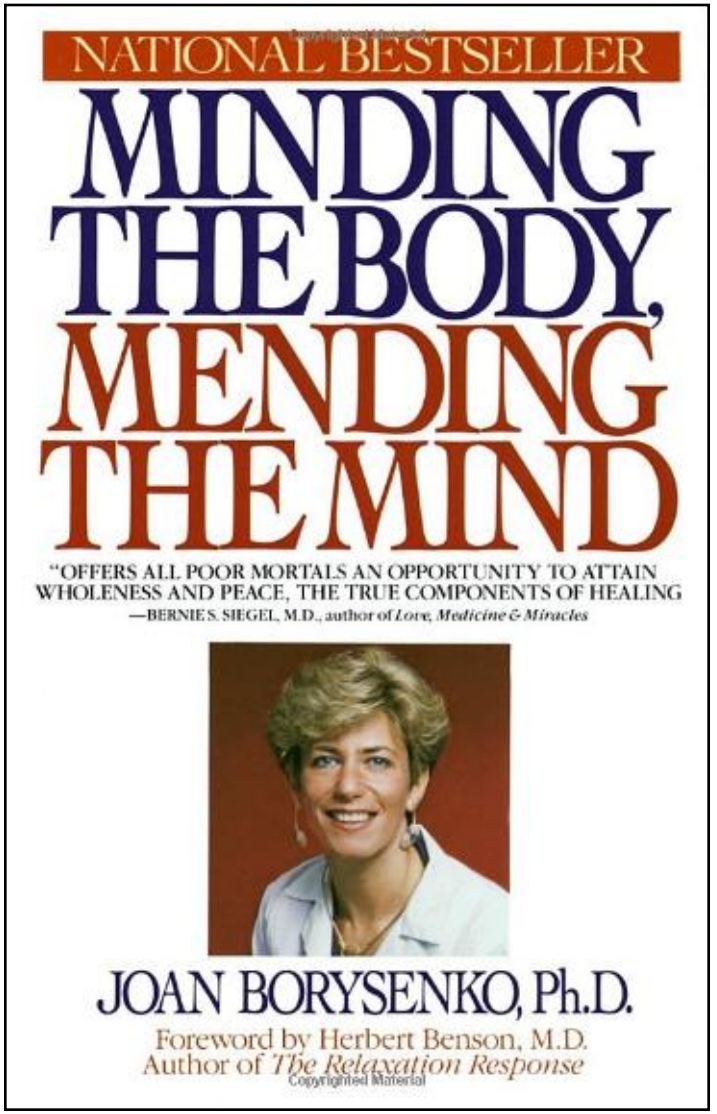
http://en.wikipedia.org/wiki/Desiderata

Let Go and Let God = Let it Be?

http://youtu.be/aQs7YIDZLns

Two Excellent Books for Your Library




NATIONAL BESTSELLER
MINDING THE BODY, MENDING THE MIND
"OFFERS ALL POOR MORTALS AN OPPORTUNITY TO ATTAIN WHOLENESS AND PEACE, THE TRUE COMPONENTS OF HEALING
—BERNIE S. SIEGEL, M.D., author of Love, Medicine & Miracles
JOAN BORYSENKO, Ph.D.
Foreword by Herbert Benson, M.D.
Author of The Relaxation Response
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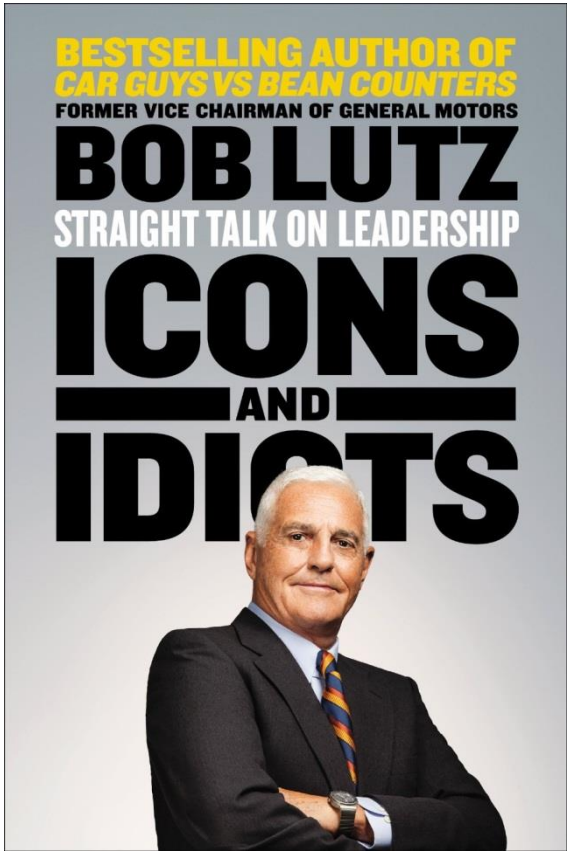
Opposites Attract

https://www.youtube.com/watch?v=t4zzLMalbWE

Respect Your Differences

Women marry men in the hope that they can change them. Guys marry women in the hope that they won't change. Both parties are usually doomed to bitter disappointment.



Respect Your Differences

Men

If your lady thinks she needs 50 pairs of shoes, let it go.

Ladies

If you think your man loves his car more than you, let it go.

Minding the Body, Mending the Mind

- You cannot control the external circumstances of your life, but you can control your reactions to them.
- Reframe the situation as a challenge rather than a threat.
- Things change. Change is the only constant in life.

Minding the Body, Mending the Mind

- Optimal health is the product of both physical and mental factors.
- Think of yourself as healthy.
- Your beliefs are incredibly powerful.
  - Listen to what your mind tells you throughout the day. See what beliefs you hold and how strongly they can influence your perception of the world and your health. Stay conscious of yourself.

Minding the Body, Mending the Mind

- The only escape from stress, fear, and doubt is to confront them directly and see them for what they are.
  - Attempts to hide from stress can only have brief apparent effectiveness.
  - Fears that are faced, even if the act is difficult, lead to transformation of attitudes, leaving you with an increased sense of self-worth, control, and inner strength. Don't be afraid to ask for help.

Minding the Body, Mending the Mind

- Emotions fall into two broad categories, fear and love.
  - The fear category is associated with defense of the body–muscle tension, rapid heart beat, and a sense of holding tight.
  - The love category is associated with openness and a sense of letting go and relaxation.

Minding the Body, Mending the Mind

http://www.youtube.com/watch?v=pC22Tsflczw&hd=1

Minding the Body, Mending the Mind

- Accept yourself as you are.
  - This allows you to stop judging yourself negatively, which invariably brings forth feelings of blame, shame, guilt, or fear and escalates the cycle of anxiety and tension.

Minding the Body, Mending the Mind

- Practice forgiveness, letting go.
  - See people for who they are instead of who you want them to be. Then accept them as they are rather than judging them for who they are not.
  - The more accepting you become of yourself, the more you can see others in the same light.

Minding the Body, Mending the Mind

- Stay open to life's teachings.
  - When the student is ready, the teacher will appear.
  - Sometimes the people who are peskiest or most difficult are the best teachers of patience, forgiveness, and self respect.

Minding the Body, Mending the Mind

- Be patient. Patience means mindful awareness.
- Would you rather be right or would you rather experience peace?